



COLLEGE & CAREER

# SKILLS FOR SUCCESS



# INTRODUCTION

Today, we will:

- \* Learn about self-management skills and navigating the scholarship application process.
- \* Explore scholarship opportunities.



# SEL CONNECTION



Today, we will practice **self-management** and how it applies to navigating the college application process.





# ICEBREAKER

1 SPECIAL SKILL, 2 LIES



## 1 SPECIAL SKILL, 2 LIES

- 1) Think of one special skill you have that could help you in college or your future career, along with two made-up skills you do not have.
- 2) Walk around while music plays and find a partner when the music stops.
- 3) Share your one true skill and two made-up ones, and have your partner guess which one is real.





## 1 SPECIAL SKILL, 2 LIES

### WHOLE GROUP CYPHER

How might your special skill help you excel in the future whether you decide to go to college or not?





**LESSON  
PART ONE**

**WHO IS  
DENNIS "MALIQ" BARNES**





### WHO IS DENNIS "MALIQ" BARNES?

What are skills?

How do we use them to accomplish tasks and reach our goals?





# TIME-MANAGEMENT

This includes setting aside enough time for each part of the application, such as filling out forms, writing essays, and gathering necessary documents, while also balancing schoolwork and other responsibilities.





## ORGANIZATION

Keeping track of deadlines, requirements for different applications, and materials (such as transcripts, test scores, letters of recommendation) is essential.





## GOAL SETTING

Setting clear, achievable goals for completing parts of the application can help students make consistent progress.





## STRESS MANAGEMENT

The application process can be stressful. Developing healthy coping mechanisms, such as regular exercise, adequate sleep, and time for relaxation or hobbies, is vital.





## COMMUNICATION

Effective communication skills are necessary for requesting letters of recommendation, asking for help or clarification, and potentially interviewing.



## SKILL RATING

Complete the Skill Rating Worksheet. How would you rate your level of proficiency with each skill?





### SKILL RATING

#### PAIR & SHARE, THEN WHOLE GROUP CYPHER

- Think about your goals in life. How can these skills help you to achieve those goals?
- How can you improve in the skills you need to develop?



# LESSON: PART ONE



## WHO IS DENNIS "MALIQ" BARNES

1) Watch: New Orleans High School student breaks Guinness World Record

Dennis "Malik" Barnes, a 16-year-old high school student who received acceptance letters from 188 colleges and universities and earned over \$9 million in scholarship money.





## WHO IS DENNIS "MALIQ" BARNES

### PAIR & SHARE, THEN WHOLE GROUP CYPHER

- Which skills do you think Maliq demonstrated to become the Guinness World Record holder for scholarship award money?
- Why are these skills important now and after you graduate high school?





# LESSON PART TWO

# SCHOLARSHIP SEARCH



## SCHOLARSHIP SEARCH

In groups of 3 you will try to find two scholarships that are aligned to your special skills or interest using the College Board Scholarship Database.

The first group to find two scholarships for each group member wins!

